



## Psalm 119:9-16 “The Heart of Purity”

### Intro:

This passage answers one of life’s most important questions: How can we stay pure when we live in body and world so contaminated by sin? The first thing we need to understand is that as humans we don’t have a behavioral problem, we have a heart problem. We aren’t sinners because we sin, we sin because we are sinners. The true problem doesn’t lie in what we do but what we are, slaves of Sin, dead in our sin. Enemies of God, dethroning Him from the throne of our lives and attempting to be our own “gods”. What we need is not a list of 10 steps to behave better, what we need is Jesus. We must surrender the throne of our hearts to Him and be born again, having His Spirit dwell within us to give us spiritual life and the power to live different from the inside out. So the first step to walking in purity is walking in Christ. Its surrendering your life to Jesus and be born gain in Him. Only then will we be able to obey His Word.

- ““What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For *you are so careful to clean the outside of the cup and the dish, but inside you are filthy—full of greed and self-indulgence!* You blind Pharisee! **First wash the inside of the cup and the dish, and then the outside will become clean, too.**”Matthew 23:25-26 NLT

### V.9-10

*“How can a young person stay pure? By obeying your word. “I have tried hard to find you— don’t let me wander from your commands.”*

**Question:** How can a young person stay pure?

**Answer:** By obeying God’s Word.

It sounds simple and straightforward, but you only need to be a believer for a day to know it’s easier said than done. So now that we are in Christ, how can we grow in obeying God’s Word?

#### 1. **The Remedy: The Word**

The Hebrew word translated “obey” in the NLT is *shāmar*, which means *to keep, guard, preserve, or protect—to hedge in*. A more literal translation reads: *“How can a young man keep his way pure? By guarding it according to Your Word.”*(ESV, NKJV, CSB) So how do we guard our lives from the contamination within and without? By guarding them with **God’s Word**. Staying pure requires a deep, consistent pursuit of Jesus through His Word. His Word is the remedy—or better yet, the *vaccine*—that protects our hearts from the infection of sin. But where is this vaccine applied? What is the part of us that must be protected?

### V.11

*“I have hidden your word **in my heart**, that I might not sin against you.”*

#### 2. **The Root: The Heart**

What we let into our hearts literally determines where our life ends up. The only way to fight the desires of your flesh, the pull of the world and the temptations of the devil is to **treasures God’s Word in your heart** and allow it to transform you from the inside out.

- **“Guard your heart above all else, for it determines the course of your life.”** Proverbs 4:23 NLT

*As we saw in Romans 12:1-2:*



## PSALM 119

- So now that we know the key is hiding God's Word in our hearts, the question becomes *how do we do that?* What does hiding God's Word in our hearts look like in daily life?

### **V.12-16**

**"I praise you, O Lord; teach me your decrees. I have recited aloud all the regulations you have given us. I have rejoiced in your laws as much as in riches. I will study your commandments and reflect on your ways. I will delight in your decrees and not forget your word."**

### 3. **The Rehab:**

- **Praise Him:** Praising God is talking about who he is and what he's done. God doesn't need us to praise him, we need to praise him because by doing so we remind ourselves of what he's done in us and through us and this helps us persevere when life gets hard. A great way to do this is through worship and music.
- **Recite the Word:** Luke 6:45 says that what we say flows from what fills our hearts. The reverse can be true also: when we speak God's Word often, it begins to take root in our hearts. practice refitting the Word of God out loud to yourself and let it shape your thoughts and emotions.
- **Pursue the Word:** There is a connection between pursuit and rejoicing in something. We pursue what we treasure. The psalmist rejoices in God's word as much as in riches. To truly hide God's word in your heart, you must value it more than anything else.
- **Study and Reflect on the Word:** Don't just read the Scripture but study it. Spend time in prayer and reflection, asking God how to apply it to your life.
- **Seek Joy in the Word:** Practice making the Bible your source of joy and peace. Make it the first place you go to when your heart is troubled in any way.
- **Don't Forget the Word:** Practice not just reading and studying the word of God, but truly treasuring it. Memorizing it. Let it become part of who you are.

### **Main idea:**

True purity begins when the Word of God becomes the remedy for sin, and takes through deep within our hearts. From there, through the Spirit's power, it renews our minds, reshapes our desires and transforms our lives for the glory of God.

### **Memory Verse:**

"How can a young person stay pure? By obeying your word. I have tried hard to find you— don't let me wander from your commands. I have hidden your word in my heart, that I might not sin against you." Psalms 119:9-11 NLT

### **Reflection Questions:**

1. What does it mean to "guard your way" with God's Word, and what would that look like in your daily routine this week?
2. What are some influences you currently allow into your heart that compete with God's Word?
3. Which of the six practices (praise, recite, pursue, study, find joy, remember) do you most need to strengthen?
4. How have you experienced God transforming your thoughts or desires through time spent in His Word?



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